

Until Your Last Breath

\$249 + room & board
REGISTER NOW

The Himalayan Institute, Honesdale, PA
Event Code UYLB1019



Nature as Teacher

Nature offers clues to become present and at peace



Mind-Body Miracles

Your perceptions affect your body and environment



Space as Healer

All possibilities are available in the space around us

May Your Past No Longer Be Your Future

In this fast-paced, information-filled world, we so often feel overwhelmed, weary and alone. Join us as we gently reflect on our past choices, become present, and use our imaginations to create a new future. Practice placing your attention and energy where it is best for all. Release long-held perceptions and open doors to possibility. Dive into death, dying, and loss to gain surprising peace and wisdom. Whether you have specific goals or simply crave encouragement and connection, this transformational weekend will leave you feeling refreshed and inspired.

1

FRIDAY

4-6 PM Check-in

7-8 PM Introduction

2

SATURDAY

Early AM Optional
Yoga/ Meditation
Workshop 9am-4pm
Evening Bon Fire

3

SUNDAY

Early AM Optional
Yoga/Meditation
Workshop 9am - Noon



PATTY BURGESS
Doing Death Differently, LLC

For most people, the space between birth and death is the focus of their attention. But for Patty, death, with its surrounding fears, stigmas, and mystery, indulges her ever-expanding curiosity for heartfelt life experiences. Her introduction to the wisdom gained by death and dying began with a dear friend's end-stage diagnosis. She integrated that personal experience with her own insights and began helping others. Patty found that *leaning-in* to death dramatically reduces the overwhelm and fear of everyone involved. In her experiential training programs, she reveals how to *Do Death Differently*; to replace apprehension with a sense of honor, connection and awe that is inherent in BE-ing with the dying.



SHEILA SCHULTZ
A Quiet Mind, LLC

Sheila began her career in biotechnology and healthcare education. A series of losses and an enlightening experience with her dying father catapulted her in a new direction in 2009. She is now a speaker, end-of-life doula and stress management coach, helping people cultivate a sense of peace and discover their capacity to acclimate to change. Sheila's passion is to share what she has discovered in herself – that looking at life with relaxed attention changes what you see, and that thoughts and emotions play a major role in creating your future. She brings a calm presence to corporations, community groups and the sick and dying. Sheila enjoys hiking, music, cooking and travel.

WHAT TO EXPECT . . .

- ▶ **Fresh perspectives in how to be your best, no matter what is going on**
- ▶ **Exercises designed to broaden your focus and discover inner strength**
- ▶ **Honest discussions about how to cope in life, illness and death**
- ▶ **Stress-reducing movement, gentle walks and guided meditations**
- ▶ **Simple approaches to diminish fear, worry and doubt**
- ▶ **Abundant quiet time, inside and outside, to absorb and contemplate**